THE REFUGEES' COOK BOOK

COMPILED BY ONE OF THEM

1906

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PREFACE

This little book of recipes has been compiled for the benefit of those who have lost their cook books in our great disaster.

Every recipe has been tried and tested and in the next edition there will be many useful suggestions and more recipes, explained so understandingly that any one, no matter how inexperienced can prepare without difficulty.

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REFERENCE BOOK

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Soups

Soup should always be made from uncooked meat, of one kind; do not mix mutton, beef or veal together, or use cooked meat with raw.

Take a shank of beef and crack the bones well; put on to cook in a large porcelain kettle in cold, unsalted water; to this add two carrots, two turnips, tops of celery, two onions, parsley, bay leaf, one red pepper; keep the pot covered and let cook slowly four or five hours, until meat falls from the bones and vegetables well cooked. I sometimes put in with it the shells from two eggs, as it clarifies. Strain through a colander, after which strain through cheese cloth; put in an earthen bowl and cover; let cool and remove fat; from this stock you can make by adding vegetables chopped, fine vegetable soup, tomatoes and rice, rice tomato, noodles, vermicilla, or macaroni or boullion. If you wish to make mutton, veal, or chicken soups, follow same directions. To darken soup use teaspoonful of caromel.

NOODLES FOR SOUP

Beat up two eggs light, add a teaspoon level of salt; knead in as much sifted flour as you can; roll out on a floured board, let dry somewhat; roll over and over after flouring and cut very fine; let dry and drop in hot soup; cook five or ten minutes; this is very good cooked like macaroni, with cheese, tomato, etc

TOMATO SOUP

One-half can of tomatoes cooked in one-half pint of water with a sprig of parsley and one bay leaf; cook one-half

hour, strain; add a pinch of soda; place a pint of milk in double boiler, heat to boiling; cream a cooking spoon of butter and flour; stir in and let thicken; add tomato; salt and pepper to taste.

POTATO SOUP

Boil three large potatoes soft, mash and strain; return to stove; add one pint of boiling milk; brown a tablespoon of butter; strain; add teaspoon of chopped parsley; let boil ten minutes in double boiler.

SPANISH BEAN

Take a knuckle of ham about three pounds, pour boiling water over it and clean well; put it on to boil in cold water; when half done, add one quart of small red Spanish beans; let cook together an hour; add to this one-half a small cabbage, two turnips, two carrots, three onions, one-half a can tomatoes, a long red pepper, parsley, two bay leaves, four whole cloves, six whole black peppers; let all cook together until soft enough to pass through a colendar, using a potato masher to crush ingredients fine; remove the ham before straining, put it back on the stove and heat again and pass through colendar again without crushing; stir with spoon; put mixture in a double boiler as it burns easily; add a wine glass of Madera, or sherry wine; a tablespoon of Worcestershire sauce; when you serve it put a slice of lemon in each plate, or crutons of bread, well fried in butter, or sweet lard.

EGG BALLS FOR SOUP

Boil four eggs hard, mash the yolks with one raw yolk; add one tablespoon of flour, pepper and salt, and chopped parsley; form into balls and drop into soup.

Caromel to make soups and stews, dark color; put two cups granulated sugar in hot frying pan without any water; stir constantly until very dark color; add teaspoonful to soups, stews, or gravies.

Salads

To make good salad you must have all the ingredients chilled; either place on ice, or keep in cold water some time before using.

WITH FRENCH DRESSING

Carefully pick over your lettuce removing all coarse parts —if wet dry every leaf by placing on a linen towel and wiping dry. Place in a salad bowl, salt and pepper, red is best, to taste; add four tablespoons of best salad oil; mix thoroughly; add a tablespoon of vinegar; mix again; I sometimes add a hard boiled egg chopped fine, a quarter of a spoon of mustard dissolved in a half teaspoon of Worcertershire sauce, and a half teaspoon of parsley chopped fine.

SHRIMP SALAD

Make a mayonaise dressing; slice white part of a head of celery and mix with shrimps and mayonaise dressing; garnish with lettuce leaves and hard boiled eggs, either chopped fine or cut in quarters; can also serve in tomato or prinento shells; crab can be served same.

STUFFED EGG SALAD

Chop fine a green cucumber pickle, a raw green pepper, one-half teaspoon chopped parsley, small onion, a raddish, four sticks of celery; boil one dozen eggs hard, cut them lengthwise, remove yolks, and rub them smooth; mix with the other ingredients which must be chopped fine; chop up four or five anchovies or sardines; chop the shrimps a little; add salt and pepper and enough oil and vinegar to

make smooth, but not too soft; fill the white of egg with mixture; place on crisp lettuce leaves, garnish with olives and sliced lemon on top of each egg.

POTATO SALAD

Boil potatoes in boiling water until they slice without breaking; chop or cut in cubes adding a portion of green onions, a radish or two and five hard boiled eggs, celery chopped, a small quantity of Eddy's mustard; salt and pepper; make a mayonaise dressing; mix all together, place on platter; garnish with lettuce leaves and olives.

VEGETABLE SALAD

Boil one pint of string beans; four or five carrots and beets; one-half pint of green peas; one-half head of cauliflower; cut up four or five pieces of celery, sliced lengthwise in pieces an inch long; three tomatoes; two green peppers; one head Romaine lettuce; chill all these ingredients in ice chest, after draining all water from them; place all together in a large salad bowl; salt and pepper and mix in thoroughly four or five large spoons of best salad oil, and three large spoons of vinegar; I sometimes use a half teaspoon of Worcestershire sauce, and quarter spoon of mustard; dissolve in it with the vinegar; you must keep this in cool place and mix just before serving.

Fish

CRAB A LA CREOLE

Two boiled crabs picked fine; slice two onions and fry in a piece of butter size of an egg till brown; add two teacups stewed tomatoes; add crab, one chili pepper cut fine, and salt; when cooked add one teacup of cream, a little thickening and parsley; do not put in crab until vegetables are all cooked

CLAM COCKTAILS SERVED IN GREEN PEPPER CUPS

Cut off the stem end of as many small bell peppers as there are persons to be served; remove the seeds from each pepper; put three or four small little neck clams in the hollow of each pepper, pour over them sauce made as follows: Mix well one-half pint of tomato catsup, the juice of one large lemon; one teaspoonful of onion juice; ten dashes of tabasco sauce; one teaspoonful of salt, a saltspoonful of pepper, one teaspoonful of horseradish, one teaspoonful of very finely chopped parsley; set on ice until thoroughly chilled and stir a little cracked ice through the mixture; lay a lettuce leaf on each plate; stand the pepper on the leaf one to each person; after the peppers are filled with the clams and sauce put on the slice with stem and serve; oysters may be served in the same way.

CLAM CHOWDER

Two dozen clams; separate the bellies from tough part and remove black part and skin; chop up the tough part

fine; fry an onion in a quarter of a pound of salt pork cut up in small pieces; cut up two or three good sized potatoes in cubes and put them in cold water to harden; chop up some parsley dry; cream a tablespoon of butter in teaspoon of flour; use a double boiler; put the clam you have chopped into a pint of water cold; put the potatoes on to cook in a separate kettle; when cooked not broken up pour off the water and add to the clams; add pork and onion; heat a pint of milk and pour with it; last add the clam bellies and flour; break up hard tack crackers, place them in a soup dish and pour all over.

FRICASSEE OF OYSTERS

Put one quart or twenty-five oysters in their own liquor; the moment they begin to boil drain juice off through a colendar; put butter size of an egg in a saucepan when it begins to bubble; sprinkle in one tablespoon of corn starch wet with a little milk; let it cook a moment with changing color stirring it well, then add and mix well one-half cupful of oyster liquor, one-half cupful of milk (boiled first); take it from the fire and mix in the yolks of two eggs, a little salt and pepper, one teaspoon of lemon juice and one grating of nutmeg; beat it well, then return to fire to set eggs without boiling, add the oysters; fill pattie shells with the mixture.

OYSTER PIE

One and a half dozen ears of corn grated and fried in butter; one quart of oysters or twenty-five fresh oysters; fried in a little butter; one small chopped onion, two tomatoes, sprig of parsley, pinch of tyme, one-half cracker crushed; after frying this add some of the oyster juice, tablespoonful of oil, let it stew awhile; spread some of the corn in pudding dish, add the oysters and cover with rest of corn, and bake a light brown.

CRAB SOUTHERN STYLE

Pick up the meat of two crabs fine; one pint of bread crumbs, stale, ground fine; two eggs beaten well, two cups of milk, pinch of cloves, red pepper and dry mustard, wine glass sherry wine! mix the eggs with crab, add bread crumbs and milk and spices; mix thoroughly; place two large spoons of butter in a frying pan, put in mixture and let heat through, remove from fire and add sherry wine; butter a pudding dish, put in mixture, cover with bread crumbs with pieces of butter and slices of lemon on top lengthwise, about four slices; cook twenty minutes until brown; serve with pieces of lemon on hot plates.

DOWN EAST COD FISH

Put a half a cod fish to soak over night in luke warm water; two hours before dinner plunge in very cold water; set over the fire in enough warm water to cover and simmer, not boil, for a half hour; drain well and lay on a hot platter and pour over it an egg sauce made with two boiled eggs, chopped fine; take a spoonful of butter, rub into it a spoonful of flour, add hot water or milk, salt and pepper, and place in a double boiler and cook well; pour over fish and sprinkle chopped egg over the top; with this serve boiled beets, boiled potatoes, carrots and turnips.

COD FISH BALLS

Four cups boiled potatoes (cooked fresh), three cups codfish minced fine, one-half cup milk, one egg well beaten; beat all together until light and fry in hot lard.

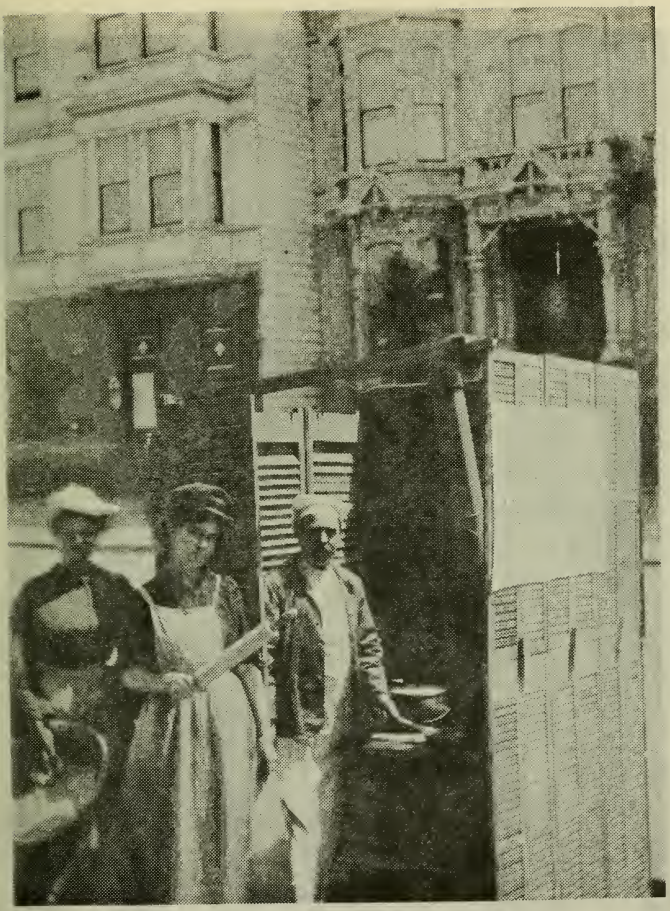
CLAM CREOLE

Boil three or four large sweet potatoes until soft; peel and mash through a sieve; take two dozen clams, separate hard part from bellies, and chop fine, remove black part from bellies and the skin part; leave whole; now season your potato with salt, pepper and melted butter; put a

layer of potato, in well buttered earthen dish; spread in a layer of clams and sprinkle with bread crumbs, a little clam juice and milk; alternate layers having sweet potato on top; sprinkle with bread crumbs, and place four or five slices of lemon on top; put in oven and let cook twenty minutes; be careful not to make it too dry.

CHIPPINE

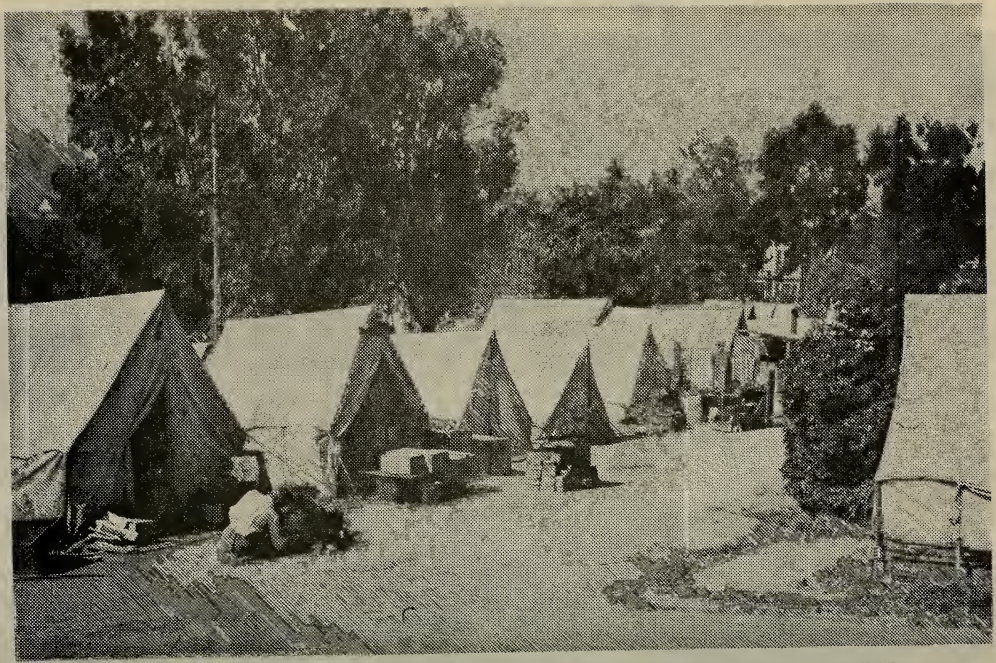
Take a good sized solid piece of fish (bass or white fish) put in a pot with one can of tomatoes, one onion sauted in butter, two pepper pods, one bay leaf, juice of one dozen clams, cook briskly one hour; fifteen minutes before serving add one dozen clam bellies.



" NO NONSENSE IN MY KITCHEN! "

COOKING OUT IN THE MISSION DISTRICT, DOLORES AND 18TH STREETS.

A STOVE ROW IN THE WESTERN ADDITION, POST NEAR STEINER STREET.



A TENT CITY IN THE PANHANDLE OF GOLDEN GATE PARK.

Entrees

KIDNEY SAUTE

Remove strings from lamb or calf kidneys and soak in cold water: cut up in small pieces; melt some suet and brown kidneys (and small onion if desired) well, then sprinkle with flour and brown; add hot water, bay leaf and red pepper; cook slowly about one hour before serving; add one wine glass of sherry wine; serve on toast.

ITALIAN SPAGHETTI

Take three-pound round of beef, brown thoroughly in a tablespoon of hot lard or beef drippings from suet, salt and pepper and a little flour sprinkled over; when thoroughly browned add one-half can of tomatoes, one small carrot cut fine, four sticks of celery, one bay leaf, one large onion cut fine, one-third cup of dried mushrooms soaked or three cups of fresh; cook three hours slowly until meat is very tender; boil about three pints of spaghetti in well salted water a half hour, strain and blanche in cold water, put in a dripping pan and heat in oven; have ready a hot platter; place spaghetti in a thick layer; pour sauce from meat over and sprinkle thickly with parmesian cheese

SPANISH RICE

Wash thoroughly three cups of rice; take two onions and saute in hot lard or butter until brown; add one-half can of tomatoes and one-half can of water, two small red peppers; to this sauce add your rice and cook one-half hour until rice is done; season well with salt and cayenne pepper; one can also cook macaroni in this style

SPANISH BEANS

Wash one pint pink beans; cover with water; add small piece of bacon; cook slowly one hour; take out bacon; add

four large onions and four long red peppers chopped fine, one bay leaf, one can tomatoes; cook slowly two hours until gravy becmes thickened; if salt is added too soon it hardens the beans

CORN OYSTERS

Grate the young corn into a dish—to one pint add one egg well beaten, one small teacup of flour, one cup of cream, teaspoon of salt, drop into a hot buttered pan a teaspoonful at a time and brown well.

ITALERINI SAUCE

Place a pat of unsalted butter in a frying pan, slice four large onions and a large clove of garlic, all to butter and fry light brown; add one-half can of tomatoes, one whole red pepper, a pinch of thyme sprig of parsley, a bay leaf, four whole black peppers; let all of this cook thoroughly together; press through a sieve, return to stove and add three tablespoons of olive oil.

Place two pounds of spaghetti in salted boiling water and cook a good half hour; blanche in cold water; put in a porcelain dripping pan a layer of spaghetti and a layer of sauce, and sprinkle with Parmesian cheese, alternating, until you have three layers; set in oven and let heat through; serve on hot platter and plates

RABBIT CURRY

One rabbit, one large spoonful of curry powder, one-half a dessertspoon of curry paste, one large onion, one large sour apple, one and a half ounces of butter, dashes of bacon, little flour, one pint good stock; stir in curry powder and paste and pour in the stock; cut the rabbit in small pieces; cut bacon into little square bits; place in stew pan and let cook slowly one hour or until meat will leave bones, and the sauce thickens; pour off all fat and serve with boiled rice; chicken may be prepared same way or veal; season to taste.

Meats

ROAST BEEF

In roasting meat have oven hot; place a piece of suet on bottom of dripping pan; salt and pepper roast and place in pan; turn frequently; do not use any water.

BOILED MUTTON CAPER SAUCE

Place a leg of mutton in large pot or a steamer, cover tight, and place around it an onion, carrot and turnip, sprig of parsley and bay leaf; when tender remove from fire, and place in a dripping pan, and let brown in oven, using a little fat to prevent burning; baste frequently; take a half pint of the water from kettle it has steamed or boiled in; add a half bottle of capers, a little cream, piece of butter, salt and pepper, thicken with a little flour; use some of the vinegar capers are in; cook sauce well and serve with the mutton; do not bake mutton too long only brown.

REFUGEE STEW

Take three pounds of round of beef cut in medium-sized pieces; take two good sized onions and fry brown in beef dripping; fry meat after sprinkling with flour in the onions very brown turning frequently; put it in a stew kettle and cover with boiling water; let cook very slowly three hours, adding boiling water as it cooks down; an hour before serving add three carrots, three turnips, potatoes, parsnip, parsley, bay leaf; thicken it with one-half cup of flour and teaspoon of caromel; be very careful not to burn; don't use cold water or too much grease.

SPANISH MEAT BALLS

Grind very fine 2 pounds of lean veal; take one-third as much sliced stale bread; cover with hot milk; when it softens beat it to a cream; add this to the meat; beat up two eggs, a handful of seeded raisins; cut in half; salt and pepper to taste; sprinkle of cinnamon; heaping teaspoon of sugar; beat thoroughly all together.

Sauce—Take two medium-sized onions, sliced; saute in 3 tablespoonfuls of lard, or half drippings; add half a can of tomatoes and 1 Chile pepper, cut up fine, and a teaspoon of chopped parsley, and one bay leaf.

Form the mixture into balls, or pear-shaped, and drop into sauce; cook twenty minutes. If sauce thickens too much, add hot water, as it burns easily. Serve on hot platter, and stick a sprig of parsley in each ball.

PIGS FEET

Clean well and boil thoroughly six pigs' feet; slowly; make a sauce of three large spoons of horseradish, cup of soup stock, a little sugar, and tablespoon of whole mustard seed, tablespoon vinegar; pour over pigs' feet hot.

SCALLOP OF VEAL

Chop the remains of cold veal—first season with pepper and salt—put a layer of dry bread crumbs in a buttered baking dish; stick bits of butter over it; cover with meat and wet with gravy and warm milk; repeat this order in strata until the dish is filled, covering deep with bread crumbs; fit a tin cover on top and bake one-half hour; remove cover and let brown on top.

MEAT PIE

Cut cold cooked meat into thin slices, remove all gristle and fat except crisp outside fat; put into baking dish and cover with meat gravy or tomato sauce. Spread a crust of mashed potatoes over the meat (don't pat crust, but drop lightly); pour beaten egg over the top or sprinkle with cracker crumbs, and cook 20 minutes until brown.

Desserts

ROCKS

One cup butter (large), three cups flour, two cups granulated sugar, four eggs, one teaspoon soda in a little boiling water, two teaspoons cinnamon, one teaspoon allspice, one pound of dates, two pounds of walnuts; cream butter and sugar, add eggs unbeaten, then flour; beat it a good deal with hand; flour nuts and dates and put in last; drop in a buttered pan by the spoonful in small dabs, as it spreads in oven. Bake quickly.

CREAM PUFFS

One cup of boiling water; add one-half cup butter; when melted add one cup sifted flour; stir constantly until well mixed; remove from fire and beat five minutes; set to cool; then add three unbeaten eggs; beat ten minutes and drop from spoon on buttered pans. Bake in moderate oven 25 minutes; when cool open with sharp knife and fill with charlotte russe cream or soft cornstarch custard.

WALNUT WAFERS

One cup brown sugar, one cup broken walnuts, four heaping tablespoons of flour, two eggs, salt, pinch of baking powder; beat sugar and eggs together, then add flour and walnuts last; drop from spoon on greased pan. Bake in rather a quick oven.

COOKIES

Two cups of sugar, one cup butter, three-quarters cup sweet milk, two eggs, five cups flour, two teaspoons baking powder. Roll thin and bake quickly.

PRUNE SOUFFLE

Stew dried prunes well done (about one pound); take out pits and chop fine; take a heaping spoonful and add two tablespoons of white sugar; mix them together; beat the white of one egg to a stiff froth; mix all thoroughly together. Put in a pudding dish and bake with egg until well set; serve with whipped cream.

COMPANY CAKE

Two teaspoons yeast powder, sifted into three cups of flour; four eggs well beaten, two cups sugar, one-half cup cold water; one-half cup melted butter; keep out one egg and add last.

DELICIOUS CAKE

One and one-half cups sugar, one-half cup butter, three cups sifted flour, three eggs, one teaspoon yeast powder, small cup milk; beat sugar and butter to a cream; add yolks well beaten, then milk, then flour and yeast powder, last whites of eggs well beaten and stirred in lightly.

NUT CAKE

Two eggs, one cup sugar, one-half cup butter, one-half cup sweet milk, one and one-half cup sifted flour, two teaspoons yeast powder, one large cup chopped walnuts. Bake in square tin, frost and cut the frosting in squares and place a nut on each square.

SPONGE CAKE

Beat the whites of five eggs to a stiff froth, beat yolks to a cream with one large cup of sugar; mix whites and yolks together and flavor with fresh lemon; one and one-half cups of flour, one teaspoon of baking powder and one large spoonful of water. Do not stir it any more than you can help after adding flour.

FILLING FOR CAKES

ORANGE

One-half cup of sugar, two beaten eggs, juice and grated outside rind of orange; boil all together until it thickens; let cool and spread between layer cakes.

LEMON FILLING

Three eggs, juice and grated rind of one lemon, one cup sugar, piece of butter size of a walnut; boil a few minutes, let cool and spread between layer cakes.

CAROMEL FILLING

Stick grated chocolate, mixed to a paste with milk, two eggs beaten, one cup sugar; boil ten minutes; let cool and spread between layer cakes.

APPLE CAKE

Make a mixture out of one quart of flour, two teaspoons of Royal baking powder, little salt and one pint of milk, one tablespoon of lard and one of butter; mix lard, butter, and flour and baking powder together thoroughly with your hands; add milk and stir all together; grease a long pan and drop the mixture in, spreading out with a spoon quite thin. Peal, core and slice good cooking apples; stick them in in rows all over dough, cover with sugar, sprinkle with cinnamon and put little pieces of butter all over. Bake in oven, careful not to burn apples.

RICE PUDDING

Three-quarters cup of rice, boiled dry in double boiler in one pint of water; add one pint boiling milk and cook nearly dry; one-half cup brown sugar, three eggs beaten separately, a little salt, grated rind of one lemon; mix well together and put in pudding dish and let cook in oven a few minutes until set. Beat up the whites of eggs, add to them juice of lemon and three spoons of sugar; spread on top of pudding and let brown.

PRUNE PIE

Two pounds of dried prunes soaked over night, stew thoroughly, add sugar; when done remove pits and chop a little; add one teaspoon of cinnamon and pinch of cloves. Line a pie tin with puff paste, fill with mixture and bake; add some of the juice. When done make a meringue of whites of two eggs and two tablespoons of sugar; beat until very light; brown in oven.

MINCE PIE

Take eight pounds of beef off the round, boil slowly until tender in sufficient water to prevent burning; chop, not fine but coarsely, as much depends upon this; one-half cup of salt; four pounds of kidney suet; remove strings and skin and chop fine. Now take a quart bowl and measure the meat, and to each bowl of meat use three-quarters bowl of suet, one bowl of seeded raisins, three-quarters bowl of currants, one piece of citron and lemon peel chopped fine. For the juice, if you have any spiced fruit, peaches preferred, use the fruit and juice, chopping fine. I always put up peaches especially for this purpose, using to seven pounds of peaches three and one-half pounds of sugar and a pint of vinegar; heat and strain; pour over fruit three mornings in succession; the last morning boil juice a little longer, adding cinnamon, cloves and mace tied up in a bag. Now mix all the ingredients together and place on stove and let heat through; when cold add one quart of best Cognac brandy; seal up in jars. You will find this a fine recipe if followed out as directed.

ADD TO THE ABOVE MINCE PIE RECIPE

One bowl apples, one tablespoon cinnamon, one teaspoon cloves, one teaspoon mace and one teaspoon allspice.

Ices

ICE CREAM

Three eggs beaten to a stiff froth separately, two teacups granulated sugar; yolks of the three eggs beaten light added to sugar and beaten to a cream; two teaspoons vanilla. Mix with this one quart of cream and one pint of milk, strain through a sieve; add the beaten whites last and freeze.

PEACH ICE CREAM

Take white peaches, peel and mash, sweeten to taste; add one pint of cream and one pint of milk; freeze.

PINEAPPLE WATER ICE

Use grated pineapple, one can; add a lemon and water and sweeten to taste; place in a freezer; when set add the white of a well beaten egg; continue to freeze. Serve with lady fingers on side of plate.

LEMON WATER ICE

One pint sugar, one and one-half pints cold water; boil down to a quart like syrup, cool, add juice of eight lemons; freeze when set; add whites of two eggs well beaten and continue to freeze.

LOVERS' DELIGHT

Take a half dozen bananas, split open one division, drop ice cream in shell with banana and garnish with maraschino cherry. A pretty dish.

Refugee Filter

Take a tomato can and perforate the bottom with holes; cover the bottom with a layer of cotton batting and place five or six tablespoonfuls of pulverized charcoal over it. Pour the boiling water in and let filter through. The water will be clear and free from sediment.

To clear your house or tent of flies—Put a tablespoonful or cayenne pepper in a pan over the fire and let burn; open door, or window, and they will soon all disappear.